



SPA

— AT BLYTHSWOOD SQUARE —

A woman is lying face down on a massage table, receiving a back massage. The masseuse's hands are visible, applying pressure to the woman's back. The setting is a dimly lit spa, with a tray of salts and oils visible in the foreground. The overall atmosphere is relaxing and therapeutic.

A spa with soul

A SPA WITH SOUL

Welcome to a wellness experience like no other. Where your senses are not just nourished, but totally immersed, and every moment is meaningful. Grounded by nature, we seamlessly combine years' worth of expertise with a warm and unpretentious atmosphere to create authentic, down-to-earth experiences.

Your time with us will be, above all else, enriching. Inspired by the unfiltered splendour of the Scottish Hebrides, we celebrate and honour all that nature has to offer, from our locally sourced products and innovative wellness techniques, to the curated, organic materials adorning our spa.

Combining contrasting thermal therapies, our unique journeys are designed to enhance your experience, whatever your aspiration. Embrace the invigorating chill of Scotland's first snow shower. Melt into the soothing warmth of one of our saunas. Inhale the clarifying air of our Himalayan salt room. We're here to guide you on an experience that's undeniably yours.



YOUR JOURNEY, YOUR WAY

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Our four thermal journeys are carefully curated to complement our treatment offering and are designed to soothe your mind, body and soul. Whether you are yearning for stillness, seeking clarity, craving an energy boosting or aching for relaxation, settle your senses into your very own path of recovery. We take the guesswork out of your spa experience. Follow our mapped journeys to confidently discover the nourishing benefits of each thermal therapy at your own pace.



RELAX

Fall into nature's warm embrace with this calming journey to help reduce anxiety and promote better sleep, leaving you clear headed and, most importantly, relaxed.



DETOX

Just like the clarity after a rainstorm, this journey will assist with your body's natural detoxification leaving you feeling nourished and refreshed.



INVIGORATE

Immerse your senses in this stimulating journey leaving your soul refreshed, your mind focused, and your body energised for the day ahead.



RECOVER

Trust nature's healing properties on this journey to accelerate physical recovery, ease tight and tired muscles and ultimately help you have a restful night's sleep.

Relax



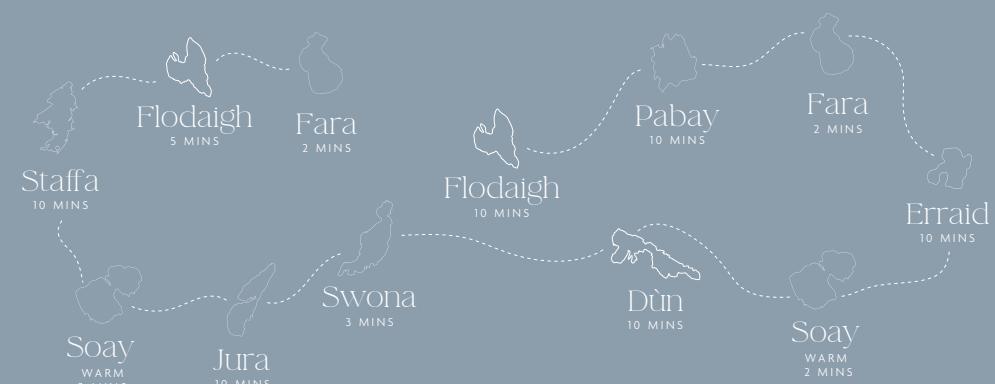
Invigorate



Detox



Recover





Thermal experiences



PABAY | STEAM ROOM

Enjoy all the benefits of a typical steam room with the added energy-healing properties of amethyst. Fall into deep relaxation, alleviate stress, and enhance your intuition with our amethyst crystal block, as the warm steam and essences purify your skin and enhance your breathing.



ERRIAD | TEPIDARIUM

Lie back, relax, and lose yourself in our starry sky while the warmth of our heated marble loungers gently soothes any aches and pains.



STAFFA | SALT ROOM

Cocoon yourself in the anti-inflammatory and anti-bacterial properties of our custom-built Himalayan salt room. Additional salt diffused into the air opens your airways and dislodges toxins for a respiratory detox.



SOAY | SHOWERS

Wash away life's stresses as you stand under the rhythmic rain of our cold and warm water showers. Alternating time between the two temperatures assists your natural immunity and accelerates muscle recovery after physical activity.



FARA | SNOW SHOWER

Embrace the chill for a health-boosting experience in Scotland's first snow shower. Stand or sit in the fresh falling snow after one of our heat treatments to reduce inflammation and promote recovery.



SWONA | ICE FOUNTAIN

Invigorate your senses with a visit to our ice fountain. Help yourself to a handful of fresh ice flakes to gently rub along your limbs for a revitalising sensation that closes pores and tightens skin.



HIRTA | LARGE SAUNA

Our mildly heated room, is infused with ishga essences. combination of dry heat and aromatherapy encourages your body to sweat, leaving your pores cleansed and your skin rejuvenated.



DÙN | SMALL SAUNA

Our warmer of the two saunas infused with 3 essences to choose from to further personalise your journey. Exposing your mind and body to high temperatures helps melt away stress and reduce muscle tension.



FLODAIGH | VITALITY POOL

Our larger vitality pool features various water massage cannons and foot massage jets to improve your circulatory and lymphatic systems.



JURA | HYDRO POOL

Heated to 36 degrees, our round hydro pool has classic bubble and jet features ideal for relaxing and massaging aching limbs.



COLL | DARK POOL

For uninterrupted peace and serenity our dark pool offers complete sensory immersion. Low lights, floor jets and a captivating constellation ceiling make this pool ideal for blissfully floating and unwinding.



Packages

ISLES SPA DAY

from £185 per person Tuesday to Thursday from £200 per person Friday to Monday

Indulge in a 55-minute treatment of your choice and enjoy up to 2 hours in our thermal experience for full sensory immersion. Once utterly relaxed, finish your journey with afternoon tea or a 2-course meal

BLYTHSWOOD SPA DAY

from £215 per person Tuesday to Thursday from £230 per person Friday to Monday

Explore our thermal experience for up to 2 hours and choose one of our 80-minute treatments or combine any 55-minute treatment with a taster experience to nourish your mind and soul. Whether you're in need of relaxation, indulgence or an energy boost, our signature spa day is to be enjoyed your way. Once utterly relaxed, finish your journey with afternoon tea or a 2-course meal.

REFRESH & RELAX

from £170 per person Tuesday to Thursday from £185 per person Friday to Monday

Treat yourself to a day of complete serenity and restoration as you spend up to 2 hours in our tranquil thermal experience. Customize your experience with a refreshing 55-minute treatment of your choice, tailored to meet your unique needs and desires. (Upgrade to an 80-minute treatment for an additional £30).

ALGA SPA DAY

from £135 Tuesday to Thursday per person from £140 Friday to Monday

Rejuvenate your senses with a Hebridean hand-harvested Seaweed Bath treatment, rich in antioxidants to restore and detoxify, and explore our thermal experience for up to 2 hours. Once you're feeling reinvigorated, finish your journey with a delicious 2-course dining experience or afternoon tea.

THERMAL & DINE

from £100 per person Monday to Friday

Choose your journey through our contrasting thermal therapies with up to 2 hours in our thermal experience. Once you've rebalanced your mind, finish your journey with a delicious 2-course dining experience or afternoon tea.

PRIVATE HIRE

From £900 bookable on request

Indulge in an exclusive evening thermal experience, perfect for a private evening of unparalleled relaxation and rejuvenation. Starting at just £900, this luxurious session accommodates up to 10 guests, offering a unique and intimate spa escape. Enjoy the serene ambiance and premium facilities, making it an unforgettable retreat for you and your friends, family, or colleagues.



Body treatments

ISHGA TASTER

from £115 | 55 minutes

Combine two express treatments to create your own bespoke experience...

SALT & OIL SCRUB

Reveal a softer, smoother, glowing complexion that's velvet to the touch with our exfoliating full-body sea salt and oil scrub to gently buff away dry and tired skin.

BACK, NECK & SHOULDER MASSAGE

Feel the tension of everyday stress melt away with our soothing back, neck, and shoulder massage targeting all the key areas to leave you blissfully relaxed.

DETOK FOOT WRAP

Give your hardworking feet the care they deserve with our three-step treatment. First, the feet and lower legs are exfoliated with a sea salt scrub before a nourishing algae wrap is applied to heal dry or cracked skin. A relaxing foot massage to finish leaves your skin hydrated and feet refreshed.

FACIAL

Cleanse, hydrate and nourish your skin with our express facial using our award-winning organic product range to maintain your skin's natural balance and radiance.

HEAD & SCALP MASSAGE

Sink into deep relaxation with our heavenly stress-relieving head and scalp massage. Pressure is gradually increased to stimulate blood circulation and release tension. The temples and base of the skull are also massaged with slow, deliberate strokes, helping to relieve headaches and stress, leaving you feeling revitalised.

ISHGA INDULGENT MASSAGE

from £115 | 55 minutes

The Ishga Indulgent Massage not only alleviates stress but also enhances your circulatory and lymphatic systems, boosting overall wellness. Let the soothing techniques of this massage bring harmony to your body and mind, leaving you feeling revitalized and serene. Treat yourself to the blissful escape you deserve. This luxurious full-body massage, performed with light to medium pressure, is meticulously designed to melt away tension and rejuvenate your senses. Our skilled therapists use gentle, flowing strokes to release muscle tightness and promote deep relaxation.

ISHGA INVIGORATING MASSAGE

from £115 | 55 minutes

Release muscle tension and stress with this invigorating full-body massage. Seaweed-based oils infused with lemongrass, juniper and rose geranium will uplift your senses, designed to detoxify and revitalise the body.

ISHGA HOT STONE MASSAGE

from £115 | 55 minutes

Stone therapy incorporates heated basalt stones into an invigorating massage.

The heat from the stones allows the massage to work at a deeper level, easing any tension whilst ensuring you are totally relaxed. Stones are placed on the chakra energy points to open energy pathways and uplift your overall sense of wellbeing.

ISHGA DEEP TISSUE MASSAGE

from £115 | 55 minutes

A massage therapy that realigns the deep inner layers of muscle with long, slow and firm strokes on the back, neck and shoulders and backs of legs, combined with a specially formulated muscle recovery oil. Beneficial for chronic tension, aches, pains or stiff, contracted areas.

ISHGA PREGNANCY MASSAGE

from £115 | 55 minutes

A blissful experience for both mum and baby. Slow soothing massage techniques calm and alleviate any aches and stresses associated with pregnancy. For mothers-to-be over 12 weeks.

TIDES OF CHANGE

from £115 | 55 minutes

Menopause massage is a specialized treatment designed to relax and alleviate the symptoms associated with menopause, perimenopause, and even post-menopause. This massage combines the gentle touch of a relaxing aromatherapy massage with the strategic application of pressure points known to help relieve menopausal discomforts. The blend of soothing essential oils used in aromatherapy promotes deep relaxation, while the targeted pressure points address specific symptoms such as hot flashes, mood swings, and fatigue.

ONCOLOGY MASSAGE

from £115 | 55 minutes

A relaxing slow massage, created to be safely carried out for those who have been diagnosed with, undergoing treatment, recovering or living with cancer. Our specially trained therapists will adapt the treatment to your needs. We recommend discussing with your consultant prior to scheduling a treatment.

OSKIA SUPER NUTRIENT MASSAGE

from £115 | 55 minutes

A bespoke massage ritual created just for you. Depending on your body's needs, this treatment uses nurturing or awakening cold-pressed super berry massage oils for a personalised experience.

ISHGA MARINE BACK THERAPY

from £115 | 55 minutes

The ultimate combination of massage and exfoliation to decongest your back and reveal a brighter, smoother skin tone. The skin is prepped with a sea salt scrub before applying a clarifying and hydrating clay mask. A back and leg massage allows the healing products to melt into the skin. Ideal for concerns such as dry, dull or acne-prone skin on the back.

ISHGA NOURISHING BODY WRAP

from £115 | 55 minutes

Begin with a full-body sea salt scrub to gently buff away dry, tired skin. A nourishing body gel is applied to deeply soothe and nourish, followed by a light application of nurturing body oil leaving your skin soothed and you deeply relaxed.

ISHGA DETOX BODY WRAP

from £115 | 55 minutes

Begin with a full-body sea salt scrub to gently buff away dry, tired skin. An algae wrap is applied to deeply detoxify and stimulate. A soothing head and scalp massage helps you to relax and unwind whilst the products stimulate the lymphatic system. This treatment is designed to eliminate toxins, reduce cellulite and improve skin tone.

OSKIA DYNAMIC BODY SCULPTING TREATMENT

from £115 | 55 minutes

A revitalizing detox treatment designed to target the legs and stomach, starting with body brushing to improve skin texture, followed by the precise use of specially crafted wooden tools working in harmony to stimulate the lymphatic system. This specialized lymphatic drainage experience combines targeted manual techniques to reduce swelling and promote natural detoxification.

REFLEXOLOGY

from £115 | 55 minutes

A complementary, holistic therapy that naturally balances and treats the whole body through compression massage to reflex areas of the feet. Releasing tension, improving circulation, and achieving a general feeling of wellbeing.

REIKI

from £115 | 55 minutes

A gentle non-invasive technique for stress reduction and relaxation, Reiki can improve emotional and mental wellbeing by activating the body's own healing system. Release energy blocks, restore balance and reconnect with your mind, body, and spirit. You are required to be fully clothed during this treatment.

ISHGA SOUND THERAPY

from £145 | 80 minutes

Transporting you to the tranquil Hebrides, this treatment will help you find inner calm, clarity and deep relaxation. An invigorating exfoliation is followed by a soothing back, neck, and shoulder massage incorporating hot stones to work at a deeper level before a lifting facial and scalp massage. This experience is delivered alongside an ishga Sound Therapy composition created by sound wellness brand, Swell.

OSKIA FACE & BODY FUSION

from £145 | 80 minutes

A sensational experience that combines our most radiance-boosting and antiaging facial techniques with the very best deep-pressure massage, leaving you with a radiating complexion and a renewed sense of wellbeing.

Facial treatments



OSKIA RADIANCE RENEWAL FACIAL

from £115 | 55 minutes

The perfect balance between indulgence and instant results. An in-depth consultation will allow your therapist to personalise your facial to individually treat your skin conditions using ingredients such as Vitamin C and E, Hyaluronic Acid and Bakuchiol.

OSKIA PURIFY & REVIVE FACIAL

from £115 | 55 minutes

A reviving facial perfect for oily skin types. Natural, scientifically advanced products enhance a deep facial cleanse and massage. Cool eye stones awaken even the most tired eyes, while a neck and shoulder massage soothes the mind and body.

ISHGA FACIAL

from £115 | 55 minutes

Organic seaweed-based products achieve a hydrated, glowing complexion while powerful antioxidants repair and protect the skin from environmental damage. Relaxing facial massage techniques are incorporated to lift and firm the skin. Suitable for all skin types.

ISHGA LUXURY FACIAL

from £145 | 80 minutes

Indulge your skin with the regenerating and hydrating properties of Hebridean seaweed in this facial featuring three active masks to exfoliate, nourish, and protect. Lifting facial massage combined with lymphatic drainage techniques will rejuvenate your skin, adding a host of vitamins and minerals to the face and upper body.



FAQ'S

I AM A HOTEL RESIDENT, CAN I USE THE SPA?

Yes, hotel residents have complimentary use of our spa facilities between 7:30am - 9:30am (last entry 9am) and between 5pm - 8pm (last entry 7:30pm).

We kindly ask our hotel residents to arrive at the spa reception already dressed in swimwear and robes, leaving any valuables in their rooms as there is no locker access at these times. If you would like to enjoy the spa outside of these times, you can book one of our indulgent spa packages.

HOW DO I MAKE A BOOKING?

You can make a booking online at kimptonblythswoodsquare.com/spa or by calling our spa team on +44 (0) 141 248 8888 with the date and time you would like to arrive and the experience or treatment you'd like to book.

HOW DO I GET TO THE SPA?

Our central location makes us very easy to reach by car, train or plane. The closest private car park is the Q-Park on Bath Street, open 24 hours.

If travelling by rail, both Queen Street Station and Glasgow Central Station are a half mile walk from Kimpton Blythswood Square.

DO YOU HAVE AN AGE RESTRICTION FOR THE SPA?

Yes, you must be 16 years or over to visit our spa facilities, the fitness suite, or to enjoy a massage or treatment. The team reserve the right to turn any guest away without photo ID.

I HAVE A MEDICAL CONDITION, CAN I STILL VISIT THE SPA AND HAVE A TREATMENT?

We please ask that if you have a medical condition, allergies, or had a recent illness or surgery, to inform our spa team when enquiring as there may be some experiences that are not suitable. Our therapists are specially trained and qualified in areas such as oncology massage and will advise which treatments and facilities are the best fit.

Please also make relevant notes on your consultation card on arrival.

I AM PREGNANT, CAN I STILL VISIT THE SPA AND HAVE A TREATMENT?

Yes, you can enjoy two of the six thermal therapy rooms and one of the two pools within our thermal experience. While we can't offer any treatments before the first trimester, once you have passed this stage, you can enjoy our slow and soothing pregnancy massage. Please make us aware at the booking stage and include any relevant notes on the consultation card at check-in.

WHAT PRODUCTS DO YOU USE AT THE SPA?

Our partner ISHGA is an award-winning organic skincare range. Its products are developed in the Outer Hebrides using the pure, clean spring water from the Isle of Lewis and hand-harvested Scottish seaweed. It has potent natural antioxidants, vitamins and minerals essential for maintaining healthy, glowing skin and preserving natural collagen. With a range of high performing products suitable for all skin types, your ishga treatment will leave your skin feeling nourished, firm and hydrated.

OSKIA's whose award-winning formulas are a unique blend of easily absorbed nutrients and actives proven to give you a beautiful glowing complexion. Working on a cellular level, OSKIA's products use patented technology to combine vitamins, minerals, proteins and omegas to boost your cells' activity leading to healthier, happier skin.

HOW DO I PAY?

All reservations require full payment at the time of booking. If you plan to utilize vouchers as payment, we kindly ask you reach out to us directly via phone +44 (0) 141 248 8888 or email spa@kimptonblythswoodsquare.com for assistance.

WHAT IS YOUR CANCELLATION POLICY?

If you need to make any changes to your reservation, including cancellations or rescheduling, please do so at least 48 hours prior to your booking. Failure to do so will result in the reservation being charged at 100%.

WHAT DO I BRING WITH ME?

Swimwear is mandatory in the thermal experience. We will provide you with plush towels and robes. We recommend you bring flipflops and a refillable water bottle with you. You'll find award-winning organic ishga products in our shower facilities, plus hairdryers and straighteners in our male and female changing rooms.